



NEW DIRECTIONS®

**USable Life**™

**Work/Life Services**  
Part of your EAP

# Too much to do? Let EAP help you.

Life's to-do lists can be endless. While some tasks can wait, others need to be tackled quickly, thoughtfully and with the right people. And while an internet search can be fruitful, it may not be a source you trust or are familiar with.

Count on EAP's Work/Life services to be that partner - offering specialists to locate a provider, get referrals and resources for almost anything you and your household needs. All vetted, organized and customized to help you stress less, focus at work and be more present at home.

## CHILD/ELDER CARE

- Parenting skills
- Child care/development
- Camps/rehabilitation assistance
- Tutoring
- Housing options
- Elder care
- Senior housing/nursing homes
- Meal programs
- Companion services
- Disability resources
- Understanding Medicare/Medicaid

## DAILY LIVING

- Household maintenance
- Pet care
- Dining and entertainment
- Gifts and shopping
- Moving and relocation
- Meals and groceries

## CAREER AND WORK

- Resume writing and editing services
- Job placement resources
- Career counseling
- Community resources

## FAMILY RESOURCES

- Adoption assistance
- Special needs assistance
- Education assistance
- Household maintenance and repair
- Relocation
- Transportation needs
- Housing options
- College coaching
- Fitness assistance

## FINANCIAL RESOURCES

- Prescription assistance
- Rental assistance
- Food pantries
- Utility assistance
- Low-cost housing

## EMERGENCY RESOURCES

- Intimate partner violence services
- Emergency shelters
- Natural disaster preparation
- Natural disaster recovery
- Response to employer requests

## Start today – no cost, no limits!

1. Call 800-624-5544
2. Tell us your needs and any preferences
3. Receive at least three referrals per request within two days
4. Connect with referrals
5. Get it done ✓

## Work/Life services include

- ✓ Practical support for everyday life issues
- ✓ Help to manage your work, family and personal needs
- ✓ Personalized consultations with trained Work/Life specialists
- ✓ Referrals to local providers and national services
- ✓ 24/7 support for you and your household members
- ✓ Tip sheets, checklists and other helpful tools

## Try Work/Life Chat

Answered by a Work/Life Specialist  
24/7 on [eap.ndbh.com](http://eap.ndbh.com).



**Connect with your very  
own personal assistant, today!**

**[eap.ndbh.com](http://eap.ndbh.com)  
Code:  
800-624-5544**